

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

St. Patrick's day is the 17th



Breakfast
 All Levels
 Full Price: \$0.95
 Reduced \$0.30
Lunch
Elementary
 Full Price: \$1.80
 Reduced: \$0.40
Secondary
 Full Price: \$1.95
 Reduced: \$0.40

Green Eggs and Ham



Dr. Seuss

1 Breakfast
 Waffles W/Syrup
Lunch
 Egg Salad Sandwich
 Corn Dogs
 Beefy Macaroni

2 Breakfast
 Sausage Pancake on a Stick
Lunch
 Green Eggs & Ham
 Chicken Nuggets
 Deli Sandwiches
 Dr. Seuss B-Day

Every Day to add value to the entrees on the daily menu, you will be able to find these items as well!

Salad Sensation Station

Fresh salads made daily with clean, ripe and brightly colored vegetables to give students the best possible nutrients and vitamins.

Deli Bar

We offer at least two kinds of deli sandwiches every day. Each is made with fresh bread, and varieties of deli style meats, tuna, eggs and cheeses.

Burger Bar

All of our burgers are baked daily lowering the fat content making them healthier for students.

Offering Bar

This bar is designed to compliment all entrees. All students may take as many fresh vegetables and fruits they can eat. Children are introduced to many types of fresh fruits and veggie's that will overall help them make better choices in life.

Breakfast Bar

a student can select one of the following entrees
The Hot Menu
 Breakfast item,
 Cereal 2 kinds,
 Yogurts 1-3 kinds,
 Cereal bar,
 Whole bagel w/cream cheese.
 Fruits, milk and bulk Cereal will be offered in addition to the breakfast entree.

National School Breakfast week

5 Breakfast
 Chicken Fries
Lunch
 Stuppy Joe
 Sausage Pizza
 Turkey Salami Subs

6 Breakfast
 Sausage and Hard Boiled Eggs
Lunch
 Mandarin Chicken salad
 Hot ham & Cheese Bagel
 Corn Dogs

7 Breakfast
 French Toast Sticks,
 Cottage Cheese
Lunch
 Chicken Burger
 Chunky Chicken Gravy and Mashed Potatoes
 Tuna Salad Sandwich

8 Breakfast
 Yogurt Bar: fresh fruits, granola, cereals
Lunch
 Corn Dogs
 Garden Salad w/ 2 kinds of cheese
 Chicken Tender Wrap

9 Breakfast
 Pancakes with ham
Lunch
 Hamburger
 Saucy Mac & Cheese
 Chicken Nuggets
 Ice Cream
 With every Meal Purchased

12 Breakfast
 Pancakes & Sliced apples
Lunch
 Baked Potato Bar
 Cheese Burgers
 Meat and Cheese Sub

13 Breakfast
 Oatmeal w/Fruit
 Cottage Cheese
Lunch
 Chicken Fried Steak Smiley Fries
 Corn Dogs
 Garden Salad

14 Breakfast
 Breakfast Pizza
Lunch
 Hawaiian Pizza
 Chicken Chili Fritos
 Tuna Sandwich On whole wheat

15 Breakfast
 Hash browns & Sausage
Lunch
 Taco Salad in an edible bowl
 Corn Dogs
 Turkey & Ham Wrap
 With a Honey Mustard Sauce

16 Breakfast
 Cinnamon Roll & Sausage
Lunch
 Asian Chicken Salad
 Corned Beef and Swiss Sandwich
 Shamrock Cookie

19 Breakfast
 Breakfast on a Stick
Lunch
 Ham & Turkey Wrap With Ranch Dressing
 BBQ Rib Sandwich
 Pizza

20 Breakfast
 Ham and Egg Sandwich
Lunch
 Pretzels and Cheese
 Corn Dogs
 Chef Salad with Egg, Meats and Cheese

21 Breakfast
 Breakfast Pizza Sandwich
Lunch
 Beef and Cheese Nachos
 Hawaiian Pizza
 Fresh Pineapples and Ham
 American Cheese Sandwich

22 Breakfast
 Pancakes
 Cottage Cheese
Lunch
 Fajita Chicken Salad with a whole wheat roll
 Corn Dogs
 Breakfast for Lunch

23 Breakfast
 Tatar Tots and Sausage
Lunch
 Sweet and Sour Chicken & Rice
 Pizza
 Roast Beef Sandwiches

26 Breakfast
 Hot Cereal
Lunch
 Hot Dogs
 Chef Salad
 Turkey Bologna Sandwiches

27 Breakfast
 Sausage and Hard Boiled Eggs
Lunch
 Corn Dog
 Chicken Nuggets
 Meatball Subs

28 Breakfast
 Waffles Hard
 Cottage Cheese
Lunch
Early Dismissal

29 Breakfast
 Hash browns & Sausage
Lunch
 Spaghetti With meat sauce
 Corn Dog
 Garden Salad

30 Breakfast
 French toast
 Cheese Sticks
Lunch
 Grilled Cheese Sandwich & Soup
 Smart Pizza
 Chicken Honey Mustard Wrap

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March 2007

**HELENA ELEMENTARY
 KID'S WAY MENU**

We offer free breakfast and lunch every month for parents and guardians that would like to enjoy a meal with their child during the school day. We only ask that each parent or guardian make one visit per student, per meal period, per month.

Example: If you have 5 students in the district a mother and a father may visit each student for lunch and breakfast and eat for free. A parent or guardian can visit separately or together, but both can visit each student once a month for all meal periods.

Healthy Habits for Kids

Encourage your children to create healthy habits by being a positive role model. Here are a few tips:

Get the whole family active. Plan times for everyone to get moving together.

Be supportive. Focus on the positive. Everyone likes to be praised for a job well done.

Make dinnertime a family time. Get the kids involved in cooking and planning meals.

Make a game of reading food labels. The whole family will learn what's good for their health.

Source: americanheart.org

MAKE BREAKFAST A HEALTHY ROUTINE

Celebrate National School Breakfast Week! It's March 5 thru 9 this year. Breakfast keeps kids on target for meeting their nutrient needs and for being ready to learn. A nutritious breakfast provides children with about one-fourth of their daily nutrient requirements. Those who skip breakfast are less likely to make up those nutrients later in the day.

Kids who eat breakfast are more likely to participate in physical activities, pay attention in class, and eat healthier during the day.

Any breakfast is better than no breakfast. Just try to eat a variety of foods. Make an effort to include choices from several of the food groups, such as grains, protein, fruits and vegetables, and dairy. For a traditional breakfast have some eggs or a bowl of cereal with milk. If you want to try something different, have a sandwich made with fruit and cream cheese or a breakfast taco with salsa.

Follow these tips for making breakfast a healthy habit.

- Be a role model. If you want your kids to eat breakfast, you should eat it as well.
- Keep breakfast foods on hand. Have at least two easy-serve options from each food group.
- Make it easy. Keep breakfast food in easy-to-reach places.

Source: nutritionexplorations.org

Pick a Bunch of Grapes for a Healthy Treat

Grapes were introduced to America hundreds of years ago by Spanish explorers. Grapes come in more than 50 varieties and in multiple colors, such as black, blue, red, green, white, and purple.

Nutritional Facts

Grapes are rich in plant compounds known as phytonutrients. These compounds have been shown to fight disease and enhance health when included in a balanced diet. Grapes also contain antioxidants that can help to fight against heart disease and certain types of cancer.

Selecting and Handling Grapes

- When selecting grapes look for firm, plump clusters of grapes that are securely attached to green stems.
- Be sure to wash your grapes when you get home from the store!
- Store grapes in the coldest part of the refrigerator in a covered container or a plastic bag.
- Fresh grapes maintain good quality for two to three days in the refrigerator.

Did you know?

- Grapes do not continue to ripen after they have been picked.
- A 1 ½ cup serving of grapes contains just 90 calories with no sodium or cholesterol.

Source: cfausa.org



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